

AJDC
Journal Club

DISCUSSION GUIDE 6

Vol 8 No 2 April/May 2019


Welcome

Welcome to the **AJDC Journal Club! The Australian Journal of Dementia Care (AJDC) Journal Club** is – like the Journal itself – aimed at all staff working with people with dementia in your service, facility or centre.

The purpose of the **AJDC Journal Club** is to offer an opportunity to step back from the day-to-day pressures of work, reflect on practice and to consider whether any of the ideas shared in the AJDC could be useful in your service.

We hope that you find the AJDC a valuable resource and will use these questions to stimulate discussion on the needs of people with dementia and care practice at weekly or fortnightly team meetings within your service or organisation.

Scan our QR Codes!



We have added Quick Response (QR) codes next to all our useful resources and additional readings. Scan the QR codes with your internet enabled device e.g. smartphone, to open the URL.

No scanner? Download a free App in your store e.g. QR Reader for iPhone

Some tips for your AJDC Journal Club

Work out ahead of time who will take a lead in organising and facilitating the discussion and distributing copies of the articles to be discussed.

Discuss 1 article / set of questions per meeting (say, every fortnight).

We have suggested 4-5 questions per article. If this seems too many (given time constraints), or some are not applicable to your service, pick 2 or 3 and focus on these.

Ideally all participants will have read each article before the group discussion. In practice, this may be unrealistic or impossible – so the questions have been written in such a way that people should still be able to contribute, even if they haven't read all the articles completely.

If possible, ask one of the participants to write brief notes during the discussion. These can be distributed to colleagues who attended as well as those unable to make it.

This **AJDC Journal Club** initiative is supported by Dementia Training Australia.

dta.com.au

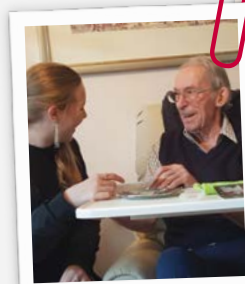
Download the **Journal Club Discussion Guides** at dta.com.au/journalclub

ARTICLE 1

Experiences of dementia: stories from those who care

by Katherine Guinane, Jane Mears and Gaynor Macdonald

Australian Journal of Dementia Care, Apr/May 2019, Vol 8, No 2, pp 9-11



Pages 9-11

QUESTIONS

1. How does your team or service show that it values the skills and insights from family carers? How can family carers be made to feel an integral part of the care team?
2. What scope is there to include (or add to the) education for family carers into the service in which you work? How might experienced family carers play a role in delivering this?
3. How can you support family carers to link up with other family carers who are also supporting a person with dementia?
4. What resources or information do you routinely share with family carers about dementia and their caring role? Which resource do you think is the best? How important is it to pass on printed copies of resources rather than just forward online links and information, or just share ideas?

Useful resources and additional reading

Relationships and Dementia

This 2017 discussion paper from the (then) Alzheimer's Australia NSW explores various ways in which dementia affects relationships: role and identity, emotional and physical intimacy, grief and loss, and positive impacts too.

<http://bit.ly/Relationships-JC>



Consumer Companion Guide This guide is the consumer version of the Clinical Practice Guidelines For Dementia (2016), developed by the Cognitive Decline Partnership Centre. It sets out what people with dementia and family carers in Australia can expect across a range of topics including diagnosis, and care and support at home. <http://bit.ly/CPGconsumer-JC>

Looking After Yourself While Looking After Someone With Dementia

This 2-page information sheet sets out some suggestions for boosting the health and wellness of family carers of people with dementia and draws on research from Australia's Dementia Collaborative Research Centres. <http://bit.ly/Lookafteryourself-JC>



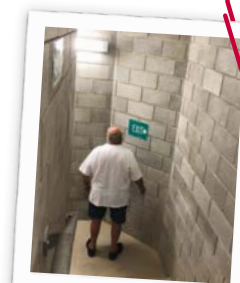
Supporting Carers The Social Care Institute for Excellence (SCIE) has a range of resources that focus on the support that should be on offer for family carers of people living with dementia, in a range of situations (at home, in hospital, in care facilities). <http://bit.ly/SCIEoncarers-JC>

ARTICLE 2

Towards autonomy and safety for people with dementia

by Margaret MacAndrew, Elizabeth Beattie, Linda Schnitker, Deborah Brooks and Nicole Shepherd

Australian Journal of Dementia Care, Apr/May 2019, Vol 8, No 2, pp 24-26



Pages 24-26

QUESTIONS

1. The article lists the common features of 'getting lost' events in Australia involving a person with dementia. Which of these, if any, surprised you, and why?
2. Can you give an example of an environmental modification that you have seen to be effective in reducing the number of attempts by people with dementia to leave a safe environment?
3. What are the pros and cons of wearable GPS devices for people with dementia? The article mentions some – but can you think of more?
4. What issues would you highlight to the project team working on the proposed Getting Home Safe Project?

Useful resources and additional reading

Safer Walking For People With Dementia

Four-page help sheet with practical information from Dementia Australia on safer walking for people with dementia.

<http://bit.ly/saferwalking-JC>



Using GPS With Care

This blog site is linked with a University of Southampton project on using technologies for safer walking. This post is a list of 10 ideas for safer walking from people with dementia who were involved in the project.

<http://bit.ly/GPSwithcare-JC>

Alzheimer's Society's View On Safer Walking Technology

This detailed position statement sets out the issues facing people with dementia and their supporters when it comes to considering GPS systems to support safe walking in the community. <http://bit.ly/ASwalkingtech-JC>



Walking As An Intervention For Wandering

Kate Swaffer (2015) writes here about her work with a man with dementia whom staff felt was at-risk because of his 'wandering' and the strategies used to support him to continue walking. <http://bit.ly/walkingstory-JC>

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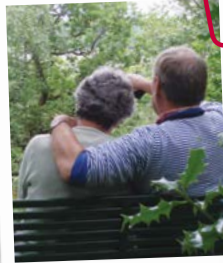


ARTICLE 3

Personhood in dementia: a case study

by Ilina Singh and Philip Wilkinson

Australian Journal of Dementia Care,
Apr/May 2019, Vol 8, No 2, pp 26-29



Pages 26-29

QUESTIONS

1. The authors begin the article by asking, "What does it mean to maintain personhood in dementia?" What do you think it means? And how can care staff help it to happen?
2. In the case study (pp28-29), David writes about feeling that Helen "seemed almost wilfully stupid". Can you share an example of a family carer expressing similar feelings? How did you respond?
3. What sort of support is available to family carers in your area to cope with the complex emotional issues arising when caring for a person with dementia, throughout the course of the illness?
4. David says he felt "ambiguous loss". What do you think he means by this?

Useful resources and additional reading

Ambiguous Loss And Grief In Dementia

This Alzheimer Society of Canada booklet is aimed at family carers and explores the ambiguous nature of loss in dementia care, when a person with dementia seems much changed. It suggests strategies for coping with the grief and loss, and how to build resilience. <http://bit.ly/ASConloss-JC>



Living And Transforming With Loss And Grief

24-page guide to working through feelings of loss and grief, aimed at people living with dementia and family carers, and written by a group of Canadian people with dementia and carers (one of the 'By Us, For Us' guides from MAREP at the University of Waterloo). <http://bit.ly/lossandgrief-JC>



Personhood This Alzheimer Europe article explains the meaning and significance of this idea of 'personhood' in dementia care. <http://bit.ly/personhood-JC>



"All Is Not Lost" - Rethinking The Nature Of The Self In Dementia This recent PsyArXiv article reports on work led by the University of Sydney which challenges the view that loss of memory in dementia results in a diminished sense of self. <http://bit.ly/rethinkingself-JC>

ARTICLE 4

Communicating without speech

by Maggie Ellis and Arlene Astell

Australian Journal of Dementia Care,
Apr/May 2019, Vol 8, No 2, pp 30-34



Pages 30-34

QUESTIONS

1. Can you give an example of a 'breakthrough moment' when communicating with a person with advanced dementia who is non-verbal? What message were they communicating? How did this feel?
2. How can care staff be supported to 'just have social interactions' with a person with dementia, where they focus on communication rather than routine care tasks? What sort of support needs to be in place for this to happen?
3. The authors say they have often found people to be self-conscious when they first start practicing AI techniques in the training sessions. How do you feel about the idea of imitating or mirroring the non-verbal communication of a person with advanced dementia?
4. How else might you try to connect with a person with advanced dementia who is no longer using speech to communicate?

Useful resources and additional reading

Communication In The Later Stages of Dementia This online information from the Social Care Institute for Excellence sets out practical advice for communicating with people in the later stages of dementia. <http://bit.ly/scie-JC>



Memory Bridge This is a hugely popular five-minute film about dementia and features the founder of Validation Therapy, Naomi Feil, demonstrating a range of techniques to communicate with Gladys Wilson who is living with advanced dementia. <http://bit.ly/wilson-feil-JC>



Talking Mats Talking Mats is another approach to communicating with people with advanced dementia, and involves the use of simple images, available in printed forms and digitally. <http://bit.ly/talkingmats-JC>



Staff-Resident Communication: Strategies For Enhancement This resource booklet from the National Ageing Research Institute includes practical suggestions for improving communication between staff and residents in care settings. <http://bit.ly/staffrescomms-JC>

Notes

Australian Journal of **DementiaCare**

The Australian Journal of Dementia Care (AJDC)

The Australian Journal of Dementia Care is a subscription-only multidisciplinary journal for all professional staff working with people with dementia, in aged care homes, hospitals, day units and the community. The journal is committed to improving the quality of care provided for people with dementia, by keeping readers abreast of news and views, research, developments, practice and training issues. The Australian Journal of Dementia Care is grounded firmly in practice and provides a lively forum for ideas and opinions. We also welcome submissions of articles and letters to the editor from people involved in the dementia care sector.

journalofdementiacare.com



Dementia Training Australia (DTA)

DTA is funded by the Federal Government to provide high-quality dementia education, training and services to aged and health care staff, managers and other professionals across Australia. It combines the dementia expertise of five universities and Dementia Australia to deliver a coordinated national approach to dementia training for individuals and organisations. The consortium members are: the University of Wollongong, Dementia Australia, La Trobe University, Queensland University of Technology, the University of Western Australia, and the Wicking Dementia Research and Education Centre (University of Tasmania).

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